

**ABSTRACT OF THE DISCLOSURE**

Functional cereals are provided in which the melatonin content of the cereals is increased by germinating the cereals under fixed conditions and a physiological activity and a function of reducing the odor of stool are added by 5 the physiologically active substance melatonin and/or dietary fibers as active ingredients. Further, it has been found that high-quality and uniform germinated cereals are produced by germination using melatonin as an index.